Walk ‘n’ Roll

Kit contains:

- 1 Cardboard ring
- 1 Sheet of cardstock
- 2 Wooden skewer pieces
- 2 Straw pieces
- Mini rubber bands

You will need: scissors, tape, and drawing supplies.

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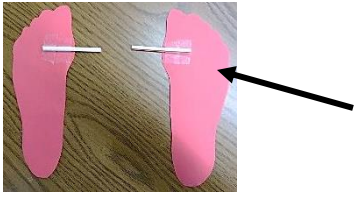
INSTRUCTIONS

Step 1. Trace or draw a pair of feet on the cardstock. (**Tip:** Make them big.) Cut them out.

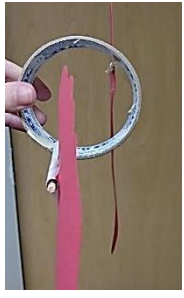
Step 2. Tape the straws to the balls of the feet as shown. Half of each straw should stick out.



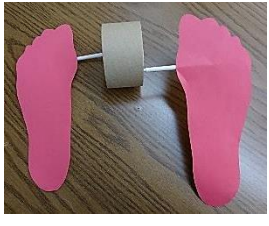
Step 3. Wrap mini rubber bands around one end of each wooden skewer.

Step 4. Slide the skewers through the straws.

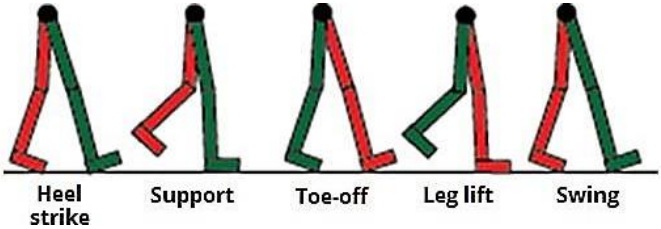
Step 5. Tape the loose ends of the skewers to the inside of the cardboard ring. Skewers should be across from each other on the ring and stick out of opposite sides. Be sure that straws can spin freely.



To make your feet walk ‘n’ roll: Push the cardboard ring to set it spinning or send it down a ramp and let gravity do the work.



THE FIVE STAGES OF WALKING



(Image source: teachmeanatomy.info)

Walking involves a coordinated effort of the feet, knees, and hips. The cycle of how a person walks is called the gait. The gait cycle is divided into two phases: the time a foot is on the ground is called the “stance” and the motion of the foot off the ground is called the swing.

Stance phase: Accounts for 60% of the gait cycle. It can be divided into the heel strike, support, and toe-off phases.

Swing phase: Accounts for 40% of the cycle. It can be divided into the leg lift and leg swing phases.